

FOUR BARREL FITNESS

GROUP CLASS SCHEDULE

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|------------------|------------------|------------------|------------------|------------------|------------------|--------------|
| CrossFit 6am | CrossFit 6am | CrossFit 6am | | CrossFit 6am | CrossFit 8am | CrossFit 1pm |
| CrossFit 7:15 am | CrossFit 7:15 am | CrossFit 7:15 am | | CrossFit 7:15 am | CrossFit 9:30 am | |
| LeanX 9am | | |
| CrossFit Noon | | |
| Teens 3:30pm | Longevity 2:45pm | Teens 3:30pm | Longevity 2:45pm | Teens 3:30pm | | |
| CrossFit 4:30pm | | |
| CrossFit 5:30pm | CrossFit 5:30pm | CrossFit 5:30pm | | | | |
| CrossFit 6:30pm | | CrossFit 6:30pm | | | | |

Open Gym Hours

Mon - Wed, 10am-12pm, 1pm-4pm
 Thur, 10am - 6pm
 Fri, 10am-12pm, 1pm-4pm
 Sat, 10:30am - 12pm
 Sun, 2pm - 4pm

**Book a Free Intro
at 4BFit.com**



Group
Classes



Personal
Training

322 Mt Tabor Rd, New Albany
 502-509-3801
www.4bf.com

